

2002-2003 Health/Physical Education Standards Kindergarten:

1. SOCIAL / PERSONAL DEVELOPMENT

The students will be able to:

- Demonstrate “buddy learning” – listening, manners, respect
- Work cooperatively in a group setting, as well as on their own
- Listen to and follow directions for safety in the gymnasium
- Respect equipment and handle it safely
- Understand sharing and taking turns with equipment
- Demonstrate concepts of self-confidence through movement activities

2. PHYSICAL FITNESS

The students will be able to:

- Participate in weekly activities promoting strength, flexibility, muscular and cardio-respiratory endurance
- Recognize increased heart-rate due to physical exercise
- Perform and sustain activities designed to achieve cardio-vascular benefits

3. SKILL DEVELOPMENT

The students will be able to:

- Perform gross motor skills: skip, gallop, run, slide, leap, hop, jump, roll, pull, push, bend, twist, shake, stretch, stoop
- Competency in ball skills: toss, bounce, catch, strike
- Demonstrate spatial awareness: high, low, middle, right, left, front, behind, over, under
- Differentiate shape and size
- Demonstrate concept of rules and activities vocabulary

4. HEALTH COGNITION

The students will be able to: